

Wolf Pack WARRIOR

Vol. 18, No. 23

8th Fighter Wing, Kunsan Air Base, Republic of Korea

June 27, 2003



**CES
fuels,
who are
they? —**

See pages 6 and 7

NEWS BRIEFS

PACAF down day

Pacific Air Forces has designated Thursday as a down day for the Independence Day weekend.

Kunsan to Yongsan no more

The Wolf Pack Wheels ceased operations to Yongsan Army Garrison Tuesday.

Stars to help observe 50th anniversary of Korean War armistice

Randy Travis, Ed McMahon and James McEachin will join the nation in honoring Korean War veterans July 26 for the 50th anniversary of the Korean War armistice. The event in Washington, D.C., will be one of many July 25 to 27 as the nation commemorates the signing of the armistice that brought a ceasefire in Korea July 27, 1953.

Air Force considers new uniform

Air Force officials are considering an Air Force-distinctive battle dress uniform to replace the current BDUs, according to service officials. A fit and wear test of the uniform is pending, officials said.

TDY for eye surgery

According to the Air Staff, permissive TDY for the "Warfighter" Photorefractive Keratectomy Program is not, and has never been, authorized. Convalescent leave may be authorized, if approved by the commander, after the surgery is complete. Additionally, a "Frequently asked leave questions" link on the military personnel flight commander support staff web page www.afpc.randolph.af.mil/mpf is available to answer some of the most common questions. Navigation after linking to the page is: *workcenters, customer support, frequently asked leave questions*. Additional leave questions to the can be directed to the major command at DSN 665-3415.

Telephone service increase

The Department of Defense Comptroller has increased the monthly costs for Class B [dorm room] telephone service. The cost for service will increase from \$17.47 to \$24.34 per month. This increase takes affect Tuesday and members will see the increased charge on their Tuesday Leave and Earnings Statement. This is a DOD-wide increase.



Photo by Daneen Uhlhorn

Thanks

(Left to right) Alicia Drum, Janae Kirschke and Marissa Uhlhorn, Peterson Air Force Base, Colo., wrote a letter supporting American airmen. Attached to the letter was \$10.25 to show they were "very grateful for all the troops fighting for our country."

'Wolf Warrior Day' emphasizes readiness

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

Members of the Wolf Pack will continue to enhance their warfighting skills Wednesday during Kunsan's monthly training day known as "Wolf Warrior Day."

Unlike the quarterly Initial Response Readiness Exercise and Combat Employment Readiness Exercise, which last approximately a week, the "Warrior Day" training is a single day with emphasis on specific war-fighting tasks.

"Wolf Warrior Day is about maintaining our combat readiness, but without the training interfering with our day to day operations," said Col. Robin Rand, 8th Fighter Wing commander. "Mission readiness is our number one priority, and we train here like we fight. However, we must continue our daily mission such as the flying program and medical appointments."

"In addition to the quarterly 7th Air Force-directed exercises, we have the option of doing another local four-day exercise each quarter," Rand added. "If we can meet our training requirements with three half-day exercises as opposed to another full four-day exercise, this provides the right balance between mission readiness and continuing air operations without running our people into the dirt."

The IRRE and CERE exercises are a joint effort where the 8th Fighter Wing works with Osan Air Base's 51st Fighter Wing and 7th Air Force, just as they would during a real-world contingency. The "Warrior Day" training is entirely local, and deals with some of the smaller war details.

"Wolf Warrior Day training gives more attention to individual tasks and different requirements within each unit," said Rand.

Wednesday's training will emphasize ability to survive and operate procedures; moving between chemical transition points; marking and using contaminated buildings, vehicles, and equipment; and the use of atropine and 2-Pam Chloride auto injectors.

"There is a general script the wing will follow involving ATSO play which will help indoctrinate new personnel to the Republic of Korea-flavored exercises," said Senior Master Sgt. Michael Ehnert, 8th Fighter Wing exercise and evaluations superintendent. "Each group is additionally responsible for training on unit-specific tasks which may or may not be put into the script depending on their scope."

In the past, disaster preparedness representatives taught basic procedures such as land mobile radio use, map-



Photo by Staff Sgt. Chuck Walker

TRAINING DAY: Wolf Pack members review chemical decontamination procedures during a previous Wolf Warrior Day. Wednesday's training will focus on ability to survive and operate; transition points; building, vehicle, equipment contamination marking and use; self-aid and buddy care; use of auto injectors; the 10 foot rule; facility sweep operations; information control centers; accountability; individual protective equipment; and more. All new personnel need to have chemical gear prior to the training. A second "Wolf Warrior Day" is scheduled for July 9.

reading skills and self-aid and buddy care. Specific unit tasks included civil engineers working rapid runway repair, transportation troops prepositioning vehicles, and maintainers launching and recovering aircraft in chemical gear.

"Each Wolf Warrior Day will offer

slightly different scenarios, but each one will provide training on fundamentals," said Ehnert.

New Wolf Pack members need to have their chemical gear and individual protective equipment prior to Wednesday's exercise.

Leaders — ‘Get out in front’

By Maj. Walter Lindsley
8th Aircraft Maintenance Squadron

First I’d like to start by thanking the men and women of the 8th Aircraft Maintenance Squadron for being so dedicated to the mission, so selfless, and such great warriors. It is an exceptional honor to serve with the Wolf Pack. Having said that, I want to relate a few thoughts on leadership. Proverbs 24:18 says, “Where there is no vision, the people perish.”

When I think of leadership, the first thing that comes to mind is the fact a leader has the duty to motivate his people to perform at their maximum potential in order to accomplish the mission, while progressing toward the leader’s vision of the future. My favorite leadership model has always been the Combat Model of Leadership as described by William A. Cohen in his book “The Art of the Leader.” Cohen states in this exceptional book that combat serves as a great model for leadership because the risks during combat are the greatest and the results of mistakes are often catastrophic.

The combat model of leadership is built on the premise that to be successful in the most stressful of situations, a combat leader has to lead from the front, surround himself with folks more talented than himself, trust his troops to execute, realize where things were breaking down and take immediate actions to rectify the situation, and last but not least, take charge during the crisis and communicate, communicate, communicate!

With this model in mind, I’d just like to remind the Wolf Pack team we are in a location and have an adversary present that requires each of us to prepare the folks we lead with the combat model in mind. Here are some ideas we might focus on as we get back to the fundamentals of our profession: One person can make all the difference in the world between success and failure. Most people

“ The bottom line for all those presently in leadership roles or to those seeking leadership challenges is, we must rededicate ourselves to the art of being a leader.”

— Maj. Walter Lindsley
8th Aircraft Maintenance Squadron commander



become successful through the aide of others — this is largely true with leaders. You don’t need to wait for position or promotion to be a leader, start now in all situations so your skills are honed and ready when called upon. Leaders are made not born so anyone can learn to do it. Finally, good leadership is independent of good deals and pleasant working environments; you can motivate folks to perform at maximum potential regardless of these factors.

The bottom line for all those presently in leadership roles or to those seeking leadership challenges is, we must rededicate ourselves to the art of being a leader. Here are some ideas on how to start down that path. Be willing to take risks. Be innovative, creative, and enthusiastic. Take charge and have high expectations. By the way, did I tell you that you have to face all these daunting challenges while keeping a positive attitude? And finally, in the combat model of leadership the watch words are — “get out in front.”

As leaders, however, it is essential to understand what motivates our team members. Here are some thoughts on that issue. It has been my experience military folks want to work in an environment where they are treated with respect — genuine heartfelt respect. Of course, it’s highly desired that the work they do for 10 to 12 hours a day should be interesting and important. When they do a good

job, they want to be recognized for their good work and effort. Everyone wants to improve himself in the hope they can rise through the ranks, so we must afford this opportunity. However, as American warriors we also want our ideas heard and to be able to think for ourselves.

Notice I didn’t list high wages, bonuses, facilities or any other material thing in my list of prime motivators. I am convinced this is because as warriors we are truly called to this profession, and I find that to be really cool!

I’ll end with a story that my last boss, Gen. Robert Foglesong, Air Force vice commander, told me when I worked as his executive officer at the Pentagon, “Walt, momentum is a big two-ton ball rolling down the halls of the Pentagon. It is always in motion. You can get behind it and push it making it go faster, you can get beside it and redirect it down another path, but if you get out in front of it and try to stop it, you will be crushed beneath it.”

This was his keen way of telling me a leader’s vision and efforts are to add to or redirect existing momentum. He was also mentoring me on the fact Air Force tempo will never stop and attempting to stop it will only result in your own destruction.

I hope these thoughts are helpful and perhaps get you motivated to rededicate yourself to the study and practice of the Art of Leadership.

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

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Chapel.....	782-4300
CES Customer Service.....	782-5318
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Eyes in the air - the evolution of aviation

By Tech. Sgt. Robert Michel
55th Wing

OFFUTT AIR FORCE BASE, Neb. — One hundred years has brought aviation to a place its early pioneers may have never dreamed of. The earliest pioneers, though, were born centuries before the Wright brothers built their first bicycle.

According to legend, the Chinese were the first to use aerial reconnaissance, sending men aloft in kites sometime before the year 1,000 A.D. The French used observation bal-

loons in the 18th century. The United States logged its first airtime in balloons for reconnaissance in the Civil War, birthing the now-proud tradition of military aviation.

The United States first used the airplane in combat during the Mexican Punitive Expedition in 1916. Although the airplanes were underpowered and forced to withdraw from service in Mexico, this failure was responsible for increased funding to the fledgling Signal Corps and the development of new aircraft. The expanding corps would be

needed in the skies of Europe less than two years later.

World War I showed advancements in the design and durability of aircraft, but the primary mission remained reconnaissance.


Military leaders eventually realized aviation was valuable for combat and transportation missions, but reconnaissance remained a very important part of aviation over the battlefield.

The evolution from the simple biplane and handheld camera to current systems such as the U-2

Dragonlady have led to some of the most important tools in the United States military.

The invention of the airplane changed history. Aviation redefined the way wars are fought, revolutionized travel and commerce, fueled technological changes and helped to shape a world where a nation survives on its scientific and technological prowess.

Flight’s original mission of reconnaissance continues to provide the platform on which current and future missions will succeed.



**WOLF PACK
WARRIOR**
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Defend the base
Accept follow-on forces
Take the fight North

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Submissions

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right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

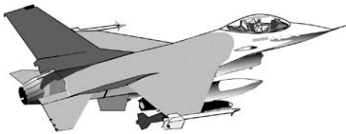
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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	372	326
80th FS	380	321
8th FW	752	647



Community Standards

Curfew Policy

Military personnel temporarily or permanently residing outside of Kunsan Air Base, whether assigned here or not, will not inhabit any commercial establishment, except an inn or hotel where the person is residing, or otherwise loiter or linger in the Kunsan City area, including, but not limited to Okku-Silvertown (the area known as “A Town”) during curfew hours.

USO: Mr. Las Vegas hits Wolf Pack

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

The United Service Organizations will have a show at Kunsan Air Base 7 p.m. July 5 in Hangar 3.

Wayne Newton, the USO Celebrity Circle chairman, will be here along with Chris Isaak, and the Dallas Cowboy Cheerleaders. Also making an appearance is Susie Castillo, Miss USA 2003.

The doors to Hangar 3 open one hour before the show for people to get a seat.

"This show is part of the USO Celebrity Tour, which tours military bases worldwide providing entertainment for the troops," said Master Sgt. Shawn Francis, 8th Services Squadron marketing director. "The show went to Osan last year, and it was decided that it would be a good idea to bring it to Kunsan this year."

People should come to the show for great entertainment, Francis said.

"It will be a variety-style show with great music, singing, and dancing," said Francis. "Wayne Newton puts on a dynamic show. If you've ever seen a great Las Vegas act, this will be similar."

"He [Newton] is a great entertainer and American who passionately supports our military members and families," said Col. Robin Rand, 8th Fighter Wing commander. "What an honor it is for him to visit the Wolf Pack! Come on out and see his show. I promise you won't be disappointed."

After the show, there will be an autograph session.

The performers will arrive on base between 1:30 and 3 p.m. They will then tour Big Coyote, see some of the flightline operations and view static aircraft. Then, 100 Wolf Pack members will get to attend an ice breaker with the performers 4 p.m. in Hangar 3.

"He [Newton] is a great entertainer and American who passionately supports our military members and families."

— Col. Robin Rand
8th Fighter Wing commander

Fifty 8th Fighter Wing members will be chosen by their first sergeants and squadron commanders. The last 50 will be chosen via an 8th Services Squadron sponsored contest. Col. Douglas Tucker, 8th Mission Support Group commander, will draw the winning names Tuesday. Those names will be announced at wing stand up. Squadron commanders will notify the winners.

To be considered for the drawing, Wolf Pack members can stop by any major services facility and fill out a questionnaire with three questions concerning the performers. The questionnaires will then be put into a box at the facility. People interested in participating need to have their answers turned in no later than Monday night. The boxes will be collected Tuesday morning for Tucker to draw the names.

Prizes also will be given away at the show. A lucky person could win an \$800 ticket back to the United States and free Wolf Pack Wheels tickets for the duration of his tour. However, the person must be present at the concert to win.

Volunteers are needed to help with the show to help set up and tear down. Interested people should call Tech. Sgt. Carolyn Bond, 8th Services Squadron, at 782-4619.

Block party events

9 a.m.	Four-on-four volleyball
10 a.m.	Working dog demonstration
Noon	Softball
Noon	Three-on-three basketball
Noon	9-ball pool tournament
1:30 p.m.	July 4 parade
2 p.m.	Live band (first set)
2 p.m.	Free throw shoot-out
2:45 p.m.	Lip sync competition
3:30 p.m.	Disc jockey and watermelon eating contest
3:50 p.m.	Tug-of-war
4:15 p.m.	Traditional Korean dancers
5:05 p.m.	Live band (second set)
6 p.m.	Lip sync competition
6:45 p.m.	Find the Gummi in the Pie
7 p.m.	Disc jockey/dance contest Latin, country, and swing
8:15 p.m.	Live band (third set)
9 p.m.	Fireworks display

Information courtesy of the 8th Services Squadron

There also will be a concession selling hot dogs and hamburgers, and the Loring Club will provide beverages.

"We want to encourage people to come out and have fun," Francis said.

The 8th SVS has a variety of events planned for the July 4 weekend. Volunteers are needed for these scheduled events as well. If you'd like to volunteer, stop by the Falcon Community Center or call 782-4619.

"There will most certainly be something for everyone," Francis said.

Work 'horses' of Korean peninsula visit Kunsan AB

By 1st Lt. Tom Montgomery
51st Fighter Wing Public Affairs

Today's Air Force relies on bases and their infrastructure in order to project airpower. In Operations Enduring and Iraqi Freedom, the U.S. Air Force was able to base aircraft inside the countries of Afghanistan and Iraq.

This was made possible by Rapid Engineering Deployable Heavy Operational Repair Squadron Engineer units. The RED HORSE squadrons have proven since Vietnam they are able to provide the infrastructure for airpower anywhere, anytime, anyplace.

Osan's 554th RED HORSE and their Guard and Reserve augmentees were on temporary duty to Kunsan AB to work on five projects valued at more than \$2 million.

"We're constructing a shower/shave and two pre-engineered buildings," said Master Sgt. Robert Rooney, site manager and NCOIC. "The shower/shave can accommodate 200 people and the 10,000-square-foot PEBs can accommodate war reserve material or serve as quarters for about 200 troops per building," he said.

Not only are the horsemen performing a mission that has a real military value, but also the 554th is gaining the necessary annual training in order to maintain their high state of readiness.

"We are in a constant state of training in the Horse, and to train we have to do actual construction," said Capt. Terry Vance, project engineer and OIC.

The Kunsan project was a total force effort with approximately 30 Guard and Reserve airmen from stateside units attached to the 554th joining with around 30 airmen from Osan.

"What's great about this total force project is that our Guard and Reserve troops bring a lot of civilian experience and skilled labor to our team," said Vance.

The project was started before the Guard and Reserve arrived and will most likely take the remainder of the summer to complete. The Guard and Reserve forces arrived June 1 and left at the end of the month.

"We work hard and play hard; we just do it in that order," said Vance.

The construction site presented a few obstacles to the team. Before the project began, the area was used as a landfill. There was a lot of debris and poor soil for building, said RED HORSE airmen.

"The water table is right up near the surface, so as soon as we dug we got water," said Vance.

To overcome the high water table, the team raised the ground of the entire construction site with higher quality soil.

The site also offered very little in utilities connectivity.

"We have to tie off the electrical and water lines from the 8th Fighter Wing, meanwhile we don't have running water or electricity," said Vance. "But we improvise. If we don't have something, we make it, that's what's great about working with these guys," he said.

Even with the extra help from the Guard and Reserve, the operations tempo was grueling.

"I couldn't ask more of these guys," said Vance. "We start at 7 a.m., and many days we work into the night, sometimes six or seven days a week," he said.



Photo by Capt. Terry Vance

RAISING THE ROOF: Members of Osan Air Base's 554th Rapid Engineering Deployable Heavy Operational Repair Squadron Engineer were at Kunsan Air Base to build roof trusses in May. The engineers were here to begin construction on five projects worth more than \$2 million. They began construction on a shower/shave facility to accommodate 200 people and two pre-engineered buildings about 10,000-square-feet each. These facilities provide a place to bed down incoming forces for exercises and contingencies.

RED HORSE units employ a wide variety of job specialties and the 554th is no different. In order to construct airfields, repair runways, and build buildings, the unit has its own cooks, logisticians, and other support staff.

At Kunsan, the tradecrafts needed for the project include electricians, plumbing, and heavy equipment operators.

"With the variety of folks we have here everybody has a chance to learn new crafts skills," said Vance. "Learning new crafts is especially valuable for our senior airmen and staff sergeants."

"We may get a plumber learning how to frame a wall or run an electrical conduit," he added.

This is the sort of project RED HORSE airmen live for said the majority of the deployed airmen.

"I think I speak for all the guys. At the end of the day you get to see what you've built and see what your hands have made for that day," said Rooney. "We work long hours but it's rewarding."

The Kunsan project will provide a location for incoming forces to bed down for exercises or real world contingencies.

132 Wolf Pack members chosen for promotion

Promotion rates down from last year

RANDOLPH AIR FORCE BASE, Texas — The Air Force has selected 4,832 of 18,903 eligible technical sergeants for promotion to master sergeant, a 25.56 percent selection rate; and 7,116 of 32,501 eligible staff sergeants for promotion to technical sergeant, a 21.89 percent selection rate. A decrease from last year.

Higher retention rates — opening fewer vacancies at each rank — were one reason promotion rates are lower than last year, officials said.

The final tally will increase as we receive and score tests for those members currently deployed, said officials. As usual, each of those airmen has from 30 to 60 days after they return home to test.

The master sergeant selection rate dropped 7.67 percent from last year, while this year's technical sergeant rate fell 11.62 percent from last year.

The complete list of selectees will be posted to the Air Force Personnel Center's web page, www.afpc.randolph.af.mil/eprom/, by 6 p.m. central time today.

People who tested are expected to receive their score notices in early July, allowing them to see just how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against others within their Air Force Specialty Code. Each individual can also get an electronic copy of his or her score notice by logging into the Virtual Military Personnel Flight at www.afpc.randolph.af.mil/.

The average master sergeant selectee score for the 03E7 master sergeant test cycle was 340.99 points, based on the following:

- 134.26 Enlisted Performance Reports
- 75.06 Promotion Fitness Exam
- 66.05 Specialty Knowledge Test
- 27.21 Time in Grade
- 35.94 Time in Service
- 11.88 Decorations

The average master sergeant selectee has 3.45 years time in grade and 17.06 years in service. Those selected will be promoted to master sergeant from August 2003 to July 2004.

The average selectee score for the 03E6 technical sergeant test cycle was 321.01 points, based on the following:

- 132.73 Enlisted Performance Reports
- 71.83 Promotion Fitness Exam
- 55.89 Specialty Knowledge Test
- 35.13 Time in Grade
- 26.70 Time in Service
- 6.13 Decorations

The average technical sergeant selectee has 4.80 years time in grade and 12.22 years in service. Those selected will be promoted to technical sergeant from August to July 2004.

To technical sergeant

8th Services Squadron

David Erwin
Jennifer Mason

35th Fighter Squadron

Eric Fleshman
Derinda Johnson
Kimberly Muir

80th Fighter Squadron

Scott Brooks

8th Medical Support Squadron

Mark Saleen
Linda Preston
Jeffrey Ribelin
Stephen Sell

8th Maintenance Squadron

Christopher Bartels
Travis Birks
Jerry Blankinship
Christopher Bowser
Jeffrey Brown
Randy Clark
Alex Clinesmith
Wilson Comfort
Louis Deschamps
Joel Franklin
Timothy Franklin
James Frieman
Eric Grodewald
Christopher Hazard
James Herbst
Shawn Hoyle
Richard Lemay
Wade Miller
Lars Mirandamuller
Christopher Montoya
Jose Reyes
Mark Robinson
Michael Smith
Richy Whitehouse

8th Fighter Wing

Bryan Ethridge
Marc Simon

8th Aircraft Maintenance Squadron

Daniel Broesche
Vann Coker
Aubrey Dickerson
Alfred Fleming
Dennis Fye
Amado Garcia
Paul Jones Jr.
Michael Krize
James Niblett
Bruce Wark Jr.
Michael Woods

8th Logistics Readiness Squadron

Arturo Broughton
Mitchell Crum Jr.
Paul Herr
Corey Myers
Brian Quintana
Tamara Schultz
Kevin Shank

8th Security Forces Squadron

Terry Armstead
Kenneth James
Eric Morgan
Mark Piles
James Robbins
Billy Waller
Daniel Woodring

8th Civil Engineer Squadron

Keith Bishop
Phinesha Compton
Derek Earles
Larry Johnson
James Keeney
Mohamed Sharief
Ronald Stecher
Timothy Tart

8th Communications Squadron

Jeremiah Erickson
James Rogers
John Striker

8th Operations Support Squadron

Michael Anderson
Todd Foster
Chesley Vansickle

8th Maintenance Group

Charles Greaves
Matthew Johnston
Seth Luttrell

8th Maintenance Operations Squadron

David Chelle
Julie Cline
Danny Ellis
William Guthrie

8th Medical Operations Squadron

Lidia Barbour
Rosalind Coleman
Lisa Deal
Anthony Sorola
Yvette Yliniemi



To master sergeant

8th Services Squadron

Otis Williams Jr.

80th Fighter Squadron

Howard Ward Jr.

8th Maintenance Squadron

Shawn Bain
Manuel Crispin
Joseph Ford

Joe Gahan
Jason Howard
James Visintin

8th Mission Support Squadron

Lawrence Chagnon

8th Fighter Wing

Raymond Agosto
Harold Jadwin Jr.
Bernadett Saunders
Lawrence Tuttle
Arnold White

8th Aircraft Maintenance Squadron

Matthew Arnold
William Galmore
Devin Moore
Charles Shock
Kevin Underwood
Paul Willis Jr.

8th Logistics Readiness Squadron

David Bible
Larry Brinkerhoff
Eddie Camou
James Robinson
Jonathan Tucker

8th Security Forces Squadron

Leo Birch III
Timothy Fearney

8th Civil Engineer Squadron

Roy Allen
Robert Hosford
Mitchell Johnson
Arnold McDonald
Paul Phillips II

8th Communications Squadron

Jerome Dudley

8th Operations Support Squadron

Gina Evans
Joseph Gallegos

8th Maintenance Group

Jerrell Adcox
David Doughty
Bryan Jordan
Vincent Larocco

8th Maintenance Operations Squadron

Edward Carapel
Angela Neal

8th Medical Operations Squadron

Brenda Allen
Thomas Jones

8th Medical Support Squadron

Victoria Abbott

Area Defense Counsel

Donna Osborne

Promotion celebration

There is a promotion party for all new selectees 5 p.m. today at the Loring Club. A social with the chiefs, first sergeants and commanders is 5 to 5:30 p.m. Doors are open to all selectees and their guests at 5:30 p.m. Each selectee is asked to donate \$20. The Top 3 and Chiefs' Group have donated \$100 each.



July Promotions

To Airman
8th Communications Squadron
 Channing Brown
 Mahalia Eans

To Airman 1st Class
8th Mission Support Squadron
 Angela Sanchez

8th Security Forces Squadron
 James Holko

8th Services Squadron
 Solomon Cho

To Senior Airman
8th Aircraft Maintenance Squadron
 Daniel Crane

8th Civil Engineer Squadron
 Travis Davis
 Michael Swardson
 Sean Wethington

8th Communications Squadron
 Daniel Grieder

8th Logistics Readiness Squadron
 Priscilla Barczynsyn
 Charles Briscoe
 Valerie Fuller
 Gwenda Tuika

8th Medical Support Squadron
 Jeremy Delorenzo
 Michael Franco

8th Mission Support Squadron
 Erica Shamma

8th Maintenance Squadron
 Michael Miller

8th Security Forces Squadron
 Antoine Banks
 David Carey
 Jessica Feliciano
 Tony Gibson
 Melissa Nelson

80th Fighter Squadron
 Anthony Lowe Jr.

To Staff Sergeant
8th Aircraft Maintenance Squadron
 Shaun Burleigh
 Jason Coursey
 Bryan Longfellow
 Andrew Mintier
 Kevin Needham
 Matthew Priest

8th Civil Engineer Squadron
 Samantha Kilakis

Gage Morrison
8th Logistics Readiness Squadron
 Edidiong Ekong

8th Medical Operations Squadron
 Heather Barry

8th Maintenance Squadron
 Brooks Hartley
 Carl Hurst
 Vynesha Johnson
 Christopher Lee
 Karl Stilchen
 William Tidmore

8th Operations Support Squadron
 Laforrest Leake
 Jennifer Tucker

8th Security Forces Squadron
 Jun Cho

To Technical Sergeant
8th Aircraft Maintenance Squadron
 Christopher Jones

8th Civil Engineer Squadron
 Raymond Ezell III
 Danny Frey
 Tawanza Smith

8th Logistics Readiness Squadron
 Aaron Smith

8th Maintenance Operations Squadron
 Aaron Renn

8th Maintenance Squadron
 Matthew Gladieux
 Jay McDowell
 Brette Smith

8th Operations Support Squadron
 Jeffrey Craig

8th Security Forces Squadron
 Adam Dunny

To Master Sergeant
8th Communications Squadron
 Dean Turner

8th Services Squadron
 Shelli Fisher

To Senior Master Sergeant
8th Logistics Readiness Squadron
 Robert Lewis

Information courtesy of the Top 3

Fund donations increase

Money goes to four Air Force charities

RANDOLPH AIR FORCE BASE, Texas — Airmen are giving more than \$5.9 million to this year’s Air Force Assistance Fund campaign — \$800,000 more than last year, according to Air Force Personnel Center officials here.

The fund raises money for four Air Force-related charities that benefit active-duty, Reserve, Guard and retired Air Force people, as well as surviving spouses and families.

“The 2003 fund-raising campaign was a resounding success,” said Col. Gary Smith, who is in charge of field activities. “From the amounts of money donated, it’s obvious that airmen appreciate the fact that these charities really help Air Force people.”

This year’s donations exceeded the \$4.8 million goal by 22 percent, said John Lowrance, the fund coordinator.

About 70 percent of donations are designated for the Air Force Aid Society, the largest of the four charities.

“Since September 11, 2001, requests for (Air Force Aid Society) assistance increased 13 percent,” said retired Lt. Gen. Mike McGinty, Air Force Aid Society’s chief executive officer. “In 2002, we helped 34,000 people with \$24.1 million of assistance — that’s a lot of help.”

During the campaign, airmen can contribute to one or more charities through cash, check or payroll deduction. The charities include the Air Force Aid Society, the Air Force Enlisted Foundation, the Air Force Village Indigent Widow’s Fund and the Gen. and Mrs. Curtis E. LeMay Foundation.

This was the campaign’s 30th year. For more information, visit www.afpc.randolph.af.mil/votefund.

Information courtesy of AFPC News Service



Photo by Master Sgt. Terry Blevins

TEAMWORK: OPERATION IRAQI FREEDOM — (Left to right) Tech. Sgts. Leo Batliner and Clark Taylor, and Staff Sgt. Brett Trammell prepare to remove the engine for inspection during routine maintenance on a C-130 Hercules. The airmen are from the Missouri Air National Guard's 139th Airlift Wing supporting Operation Iraqi Freedom from a forward-deployed location in Southwest Asia.

OF THE PRIDE PACK

Job: 8th Operations Support Squadron chief of air traffic control training

Duties: Manages the training program for all air traffic controllers, both radar approach and control, and control tower

Hometown: Crestview, Fla.

Follow-on: Retiring

Hobbies: Fishing and working in my yard

Favorite music: My music interests vary

Last good movie you saw: “Antwone Fisher”

Best thing you’ve done at Kunsan: Re-visited Kadena Air Base, Japan, for a seven-day temporary duty assignment. I was stationed there from 1982 to 1985, and I never thought I’d be back.

“Within 90 days of his assignment, Master Sgt. Cadigan aggressively reconstructed an outdated training plan. His efforts yielded a 48-percent improvement in required check list items during the 2002 Air Traffic Systems Evaluation Program Inspection. He constructed and implemented Kunsan’s first-ever airfield operations flight web program. This valuable tool provides controllers quick access to current data links for required training material at the touch of a button.”



Master Sgt. Jeffery Cadigan

Capt. James Wornall

8th Operations Support Squadron Airfield Operations Flight commander

Fueling the fight north



Staff Sgt. James Dodson (left), liquid fuels maintenance journeyman, and No, Nam Chun (right), liquid fuels maintenance craftsman, check the water level at storage tank 1. Tank 1 holds more than 2.7 million gallons of JP-8. The base is capable of storing more than 21.5 million gallons and dispenses approximately 14.5 million gallons to nearly 12,000 aircraft annually. This tank is one of several tanks the fuel will first come to rest in while on its journey to the flightline to be pumped into an aircraft. From these tanks to the panagraph arms that dispense the fuel into the aircraft, LFM maintains and repairs the equipment.



No (left) and Dodson (right) ensure flange bolts are tightened on one of the meters located throughout the base that monitor the amount of fuel flowing from point to point. The entire system is monitored both electronically with sensors, and manually with weekly checks to ensure there are no leaks and everything is functioning within strict parameters.



No checks around the perimeter of cut and cover tank 2 for anything out of the ordinary. Cut and cover is the term given to tanks that are partially submerged in the ground and then buried by a mound of dirt.



Dodson replaces a cam lock on an air-driven fuel pump, better known as a "gush-gush" pump, at the 8th Civil Engineer Squadron compound.



Dodson closes the roll top lid to the receiving pit on tank 5 after checking it for leaks and performing routine maintenance. As part of the 8th Civil Engineer Squadron, liquid fuels maintenance is a small shop of five people responsible for building, repairing and maintaining the base aircraft refueling, storage, and distribution systems.

7

DAYS

Today

Free food The Loring Club offers club members barbecued ribs from 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin’ bowl The Yellow Sea Bowling Center offers howlin’ bowl from 7 p.m. to 1 a.m.

Karaoke Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

Saturday

Country night Country music is played in the Loring Club Ballroom.

R & B night Enjoy R & B music in the Loring Club’s enlisted lounge at 9 p.m.

Nine-pin tournament The Yellow Sea Bowling Center hosts a nine-pin bowling tournament starting at 6:30 p.m. The entry fee is \$13. For more information, call 782-4608.

Chess tournament The Falcon Community Center hosts a chess tournament at 7 p.m. The winner receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are

\$10/\$9 one way and \$20/\$18 round trip.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

Chicken wings The Loring Club offers 10 cent chicken wings 6 to 8 p.m.

Bid whiz tournament The Falcon Community Center has a bid whiz tournament at 7 p.m. It’s the best two out of three. The winner receives a free phone card. For more information, call 782-4679 or 782-4619.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Darts tournament The Loring Club has a darts tournament starting at 7 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Mexican buffet The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Pizza dinner The Loring Club has 50-cent pizza 6 to 8 p.m.

Nifty fifty bowling The Yellow Sea Bowling Center has nifty fifty bowling from 11 a.m. to 11 p.m. Fifty cents will buy a hot dog, soft drink, shoes and one game. For more information, call 782-4608.

Pool tournament The Loring Club offers a 9-Ball pool tournament at 7 p.m.

Double feature The Falcon Community Center hosts a double feature movie madness at 6 p.m. For more information, call 782-4619 or 782-4110.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.



Courtesy photo

MT. NAEJANG: The Falcon Community Center has a trip to Mt. Naejang and Kumsan-Sa Temple July 6. The deadline to register is Wednesday. The bus departs at 8 a.m. and returns at 7 p.m. It takes you to Mt. Naejang where people can enjoy a cable car ride to the top of the mountain. People will also visit the Kumsan-Sa Temple, famous for the tallest outdoor standing Buddha image in the Orient. The community center also offers a shopping trip to It’aewon July 4 and an Outback Steakhouse and Wal-Mart trip to Seoul July 5. The deadline for these two trips also is Wednesday. Sign up now.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

Spades tournament The community center hosts a spades tournament at 7 p.m. The winner receives a free phone card.

8-ball tournament The Falcon Community Center hosts an 8-ball pool tournament at 7 p.m. The best two out of three wins. The winner receives a free phone card.

Oriental buffet The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members Ruff Ryder roast beef from 6 to 9 p.m.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Magic show “Angelo” the magician performs 7 p.m. at the Loring Club

8-Ball pool tourney The Falcon Community Center hosts a best two-out-of-three 8-Ball tournament at 7 p.m. The winner receives a phone card.

Thursday

Free food The Loring Club offers club members free food from 6 to 9 p.m. Free food won’t be offered July 4.

Band performance The band “Steel Rod & C. Funk” perform 8 p.m. at the Loring Club.

Pingpong tournament The Falcon Community Center hosts a best two out of three pingpong tournament at 7 p.m. The winner receives a phone card.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“Bruce Almighty” (PG-13) Starring Jim Carrey and Jennifer Aniston. 7 and 9:30 p.m.

Sunday

“View from the Top” (PG-13) Starring Gwyneth Paltrow and Christina Applegate. 6 and 8:30 p.m.

Tuesday

“View From the Top” (PG-13) Starring Gwyneth Paltrow and Christina Applegate 8 p.m.

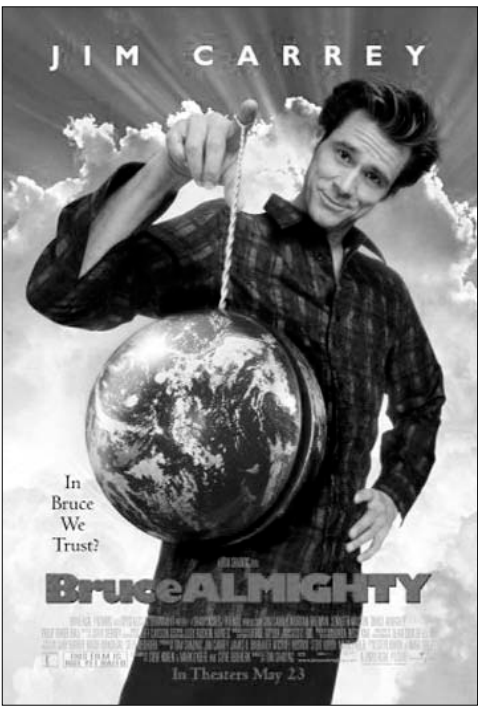
Wednesday

“Bulletproof Monk” (PG-13) Starring Chow Yun-Fat and Sean W. Scott. 8 p.m.

Thursday

“Bulletproof Monk” (PG-13). 8 p.m.

The theater is now closed Mondays.
For more information, call 782-SHOW.



Tonight

“Bruce Almighty” (PG-13)
Starring Jim Carrey and Jennifer Aniston; 7 and 9:30 p.m.

24-hour holiday movie schedule

July 5

3 p.m. “Gods and Generals”
10 p.m. “Matrix Unloaded”

July 6

1 a.m. “Tears of the Sun”
3:30 a.m. “The Core”
6:30 a.m. “2 Fast 2 Furious”
9 a.m. “Bruce Almighty”

Information courtesy of the Army and Air Force Exchange Service

BIRTHDAY MEAL

The O’Malley Dining Facility hosts the July birthday meal at 6:15 p.m. July 13. Please sign up at the O’Malley no later than 7:30 p.m. July 11. For more information, call Airman 1st Class April Gipson at 782-5160 or 782-5538.

Education

Scholarship opportunity Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. Application deadline is July 11. For more information, check www.student-services-scholarship.org or call DSN Patti Ann Mathers at 448-3279.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

Airman's Advisory Council The council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 4 p.m. every second Wednesday at the Loring Club. The next meeting is scheduled for 3 p.m. July 9 at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. July 9 at the Loring Club.

FSC

Cooking Class The family support center offers a cooking class 11:30 a.m. to 1 p.m. July 8 at the SonLight Inn. For more information or to register, call 782-5644.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 4 p.m. July 10 at the SonLight Inn. Legal, finance, housing, and medical experts will be on hand. For more information or to register, call 782-5644.

Pre-separation class The family

support center offers a pre-separation class 9 to 11 a.m. July 11 in the military personnel flight building. For more information or to register, call 782-5644.

Kunsan City tour The family support center offers a Kunsan City walking tour 8 a.m. to 5 p.m. July 12. For more information or to register, call 782-564

Volunteer Opportunities

Hispanic Heritage committee Volunteers are needed to participate on this year's committee. The initial meeting is 3 p.m. Tuesday at military equal opportunity, building 1051. For more information, call Staff Sgt. Monique Lege at 782-4053.

SonLight Inn The SonLight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through Aug. 29. If interested or for more information, call Airman 1st Class Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Commissary bagging Base members can volunteer to sack groceries 1:30 to 6:30 p.m. weekends for tips. Sign up at the commissary.

Chapel

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 12:30 p.m. Sundays and the inspirational praise and worship service is 7:30 p.m. Fridays at the chapel.

Latter-Day Saint Services are 3 p.m. Sundays at the chapel.

Church of Christ Services are 9:30 a.m. Sundays at the SonLight Inn, room 1.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

SonLight Inn hours The SonLight



Courtesy photo

TYPHOON PRECAUTIONS: Typhoon Pongsona hit Guam Dec. 8, 2002. Estimated sustained winds were clocked at 150 mph — giving it “supertyphoon” status. Kunsan Air Base was hit by Typhoon Rusa in September 2002. The following are steps people should take in the event of a typhoon warning: get and stay in contact with unit control centers, secure all loose items around facilities, close dumpster lids, park vehicles away from trees and power lines, clear rain gutters of debris, and keep radios and televisions tuned to Armed Forces Radio or the commander's access channel. For more information on steps to take during a typhoon, call the 8th Civil Engineer Squadron Readiness Flight at 782-4849.

Inn is open 6 a.m. to 10 p.m. Monday through Thursday, 6 p.m. to midnight Friday, 8 a.m. to midnight Saturday and 8 a.m. to 10 p.m. Sunday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Bible study at 11 a.m. Sunday at the SonLight Inn, room 2.

☐ Men's Bible study at 6:30 p.m. Sunday at the SonLight Inn, room 2.

☐ Women's prayer group is 6:30 p.m. Monday at the chapel.

☐ Korean-American Bible study at 7:30 p.m. Monday in the SonLight Inn, room 1.

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the SonLight Inn, room 2.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

Changes of command The 8th Logistics Readiness Squadron change of command is 9 a.m. today in the transportation compound located near building 960.



Above & Beyond Continue your career in the Air Force Reserve

Master Sgt. Mark Kosht
Air Force Reserve Recruiter
DSN (315) 634-5174
mark.kosht@kadana.af.mil

Free Breakfast and Fellowship

8 to 11 a.m.
Every Saturday
at the SonLight Inn

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with “classifieds” and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No “personal” ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Lost and Found

A reward is being offered for the return of or for information leading to the return of a Kodak Easyshare digital camera. For more information, please call Tech. Sgt. Kenneth Hill at 782-7041 or 782-6345.

For Sale

Jet Printer Cannon BJC-250 Color Bubble Jet Printer, 3 years old and in excellent condition. Make an offer. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Blender Protor Silex 12-speed blender, 10 months old. \$15 or best offer. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Cordless Phone VTech 900 MHZ cordless phone with digital answering system, 8 months old. \$28 or best offer. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Iron Protor Silex 120V iron, 9 months old. Asking \$6. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Cell phone Samsung MP-8800 cell phone with 120V/220V rechargeable adapters and spare battery, 7 months old. Asking \$65. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Speakers Two Hi-Fi sound computer speakers, 3 years old, and in excellent condition. Make an offer. Call Master Sgt. Jerome Sydnor at 782-4592 (work) or 782-9826 (home).

Drink water, prevent dehydration

By Maj. Gordon H. Campbell
Health and wellness center director

The weather is warming up at Kunsan and everyone is out enjoying all the activities available to us. During recreational activities it's easy to stay well hydrated. The activities are in a relaxed atmosphere and various fluids are abundant. If you get tired or thirsty it's easy to stop what you are doing and hydrate. It takes much more effort and forethought to stay well hydrated during the hectic readiness exercises here.

The pressures and stresses during an exercise can make it more difficult for you to remember to drink fluids. Getting dehydrated under these conditions can be a costly mistake, to you and to your squadron.

Dehydration is the loss of water, and sometimes salt, without the proper and timely replacement by drinking adequate amounts of fluids. The hotter the weather and the harder you are working significantly increase this fluid loss. You can have signs and symptoms of weakness, nausea, vomiting, headaches, muscle aches, dark yellow urine, disorientation, loss of conscience, and even death in severe cases. You will feel lousy and wish you had paid closer attention to your fluid replacement.

This medical condition is avoidable but not always as easy as you may think. The thirst mechanism for humans is delayed relative to our hydration status. The faster you become dehydrated the worse it is by the time your body is screaming at you to hydrate. Add the chemical protective gear, body armor, and increased tempo of a Kunsan AB exercise, and you better be paying attention to your hydration status or you will become a casualty.

Something else many people do not think about is safety. Being dehydrated effects your ability to think clearly and perform physical tasks effectively. In the Air Force, this leads to safety concerns. Especially during high tempo exercises, or "real world" contingencies, mental alertness and physical agility are vital to performing your duties.

With dehydration, your mental capacity is dulled and your physical strength is reduced considerably. This not only compromises your ability but the safety of those around you who are depending on you doing your job. With the understanding of the importance of drinking enough fluids and a little bit of prevention, you can avoid the ill effects of dehydration.

The Air Force has established an excellent system to monitor various conditions in determining your risk of dehydration and guidelines on how to prevent it, even under the most extreme conditions. Air Force Instruction 48-151, Thermal Injury, should be well known to supervisors and is a good publication for everyone to review. It covers the hot weather flag system, how to respond to the corresponding flag color, and ways to prevent heat injuries.

The take home message for every airman is to understand the need for fluid replacement and how much is sufficient. The range of fluid replacement during



Photo by Staff Sgt. Chuck Walker

A Wolf Pack member takes a drink from his canteen during an exercise earlier this year. It's important to say hydrated while in chemical protective suits. Remember, thirst isn't always an indicator of dehydration.

hot weather, and depending on the work load and Wet Bulb Globe Temperature, is between half a quart to one quart per hour. During hot days bioenvironmental engineering measures the WBGT regularly and relays the flag condition to the command post immediately. When the WBGT reaches 78 degrees Fahrenheit, and you are working out doors or in a hot environment, maintain at least a half-quart of water per hour.

When the temperature goes up or the workload increases, increase your fluid intake to a maximum of one quart per hour. The limit of one quart per hour is to prevent a condition called hyponatremia, or water intoxication. This condition is very rare but unfortunately has killed young recruits in the past.

If you are eating the normal daily intake of a balanced diet, or meals ready to eat, you should have a sufficient amount of salt in your body and should only need water to replace fluid loss. If there is any doubt, you can add additional salt to your food. You can also use an occasional sport drink to augment your water intake. If you are going to use a

sports drink, you should dilute it 50/50 with water. Drinking cold fluids is preferable because cold fluids empty from your stomach quicker. The water needs to get out of your stomach and into your intestines before your body can absorb it.

Following a few simple rules of hydration will keep you from that miserable condition of dehydration.

The best way to treat dehydration is preventing it, and this is something every airman can do. Avoid alcohol before exercises. Alcohol dehydrates you and gets you behind on your body's fluid needs. Start hydrating before the exercises so your body starts well hydrated. Remember your thirst mechanism is delayed, and you have to pay attention to how much water you are drinking so you can maintain your body's fluid needs. Follow the guidelines of AFI 48-151 for fluid replacement.

If you have any questions about preventing dehydration during an exercise, call the health and wellness center at 782-4305.

SPORTS SHORTS

Triathlon scheduled

The fitness center hosts a triathlon beginning at 9 a.m. Saturday. Events include a 10K run, 10K bike race and 1,000-meter swim. Participants need to have their own bike. Sign-up at the fitness center.

July 4 softball tournament

The fitness center hosts a softball tournament from noon to midnight July 4. Sign up in advance at the fitness center or send an e-mail to Tech. Sgt. Charles Marshall.

Golf tournament

The West Winds Golf Course has an Independence Day four person scramble shotgun start. The entry fee is \$10 per person. For more information, call 782-5435.



USAF Marathon registration

Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until Monday. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

Bowling lessons

Every Monday, Yellow Sea Bowling Center offers reduced price and bowling assistance from an experienced bowler at noon, 2, 6:30 and 8:30 p.m. Price is \$1 per game.

Varsity volleyball

Anyone interested in playing on Kunsan's co-ed varsity volleyball team are invited to attend weekly practices. Saturday practices are held at noon at the 8th Civil Engineer Squadron outdoor volleyball court and 6 p.m. Sundays at the gym. For more information, call Staff Sgt. Jesse Hernandez at 782-7043.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Aerobics Classes

Monday

11:30 a.m. - Shaping and toning
5:45 p.m. - Abs
6 p.m. - Step Challenge

Tuesday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Wednesday

5:45 p.m. - Abs
6 p.m. - Cardio kick boxing

Thursday

6 a.m. - Shaping and toning
11:30 a.m. - Shaping and toning

Friday

11:30 a.m. - Shaping and toning

Personal trainers:

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

SCORES & MORE

SOFTBALL

American League		
	W	L
MDG A	4	0
MXO	3	0
AMXS B	3	1
LRS A	2	0
SFS A	1	1
AMMO	1	1
FOX BTRY	1	2
MXS	1	2
SVS	1	2
SFS B	1	2
CES B	0	2
MDG B	0	2
COMM B	0	3

National League		
	W	L
OG	5	0
COMM A	3	0
SOLDIERS	3	0
AGE	3	1
LRS B	2	0
CES A	1	0
AMXS A	1	0
ECHO BTRY	1	2
ROKAF	0	2
AVIONICS	0	3
ARMAMENT	0	3
KWANG JU	0	4
FAB FLT	0	4

— Standings current as of June 18 courtesy of fitness center

Fitness center hours

Monday to Thursday
4:30 a.m. to midnight
Friday
4:30 a.m. to 11 p.m.
Weekends, holiday and down days
8 a.m. to 9 p.m.

Tobacco Fact



In a study from England, children having one parent — or both — who smoked quadrupled the risk for having an allergic disorder — asthma, eczema, food allergy — at age one. Passive smoking, or second hand smoke, is an important risk factor for the early development of allergies.

For more information on smoking cessation, cardiovascular exercise, disease prevention, and other topics, call the health and wellness center at 782-4305.

— Courtesy of the health and wellness center

PACAF - Fit to Fight

Female boxer makes debut

By Staff Sgt. Jerron Barnett
33rd Fighter Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. — An airman here was not worried about the odds of her winning her first national bout in Augusta, Ga., June 18 to 21 — she has already beaten the odds to become the first female on the Air Force boxing team.
Staff Sgt. Charmaine Carrington, a 33rd Aircraft Maintenance Squadron weapons-load crew chief, eyed the top spot in the competition with determination.

Growing up, she was one of three girls amongst seven siblings and one of the wing’s only female airmen in munitions, so in a sport that is predominantly male, she feels right at home.
“I hadn’t really thought about being the first female at the time it happened, but it hit me later that I was,” she said. “It doesn’t bother me at all being the only female around. I’m used to it.”
Carrington only recently became interested in competing in the sport, but the California native watched matches of her favorite fighters, like Muhammad Ali, and saw herself boxing someday.
“I’ve only been interested in boxing for the last couple years,” she said. “I’ve done all the other sports, and I really just wanted to try this one.”
She found out how to join the Air Force team through her coach and friends at a local boxing club and filed her application with the help of Eglin’s fitness center workers.

Carrington contacted Tech. Sgt. Ronald Simms, one of the team’s coaches at Lackland Air Force Base, Texas, and kept in touch until she got the response she wanted.
“I kept bugging them,” she said. “I kept calling and basically harassing them.”
Carrington finally got her chance in January. After two weeks of intense training and Simms’ tough coaching at Lackland, she won a box-off used to determine who would be chosen out of the three females trying-out.
“I get a lot of support from my family and supervisors in this, and everyone was happy I made it,” Carrington said. “It would be hard for me to do this without their support. My husband is all for it.”
Since then, the junior-welterweight has trained for her first national-level bout during the three-day tournament in Augusta. She trained six days a week, running nearly 40 miles a week, sparing and doing bag work.
“I’ve been working with Charmaine now for a little over two years and the enthusiasm she brings to the gym is unspeakable,” said Dennis Walker, her local boxing coach and trainer, who is assigned to the 96th Communications Group. “When she comes to the gym to train, she not only trains hard but com-

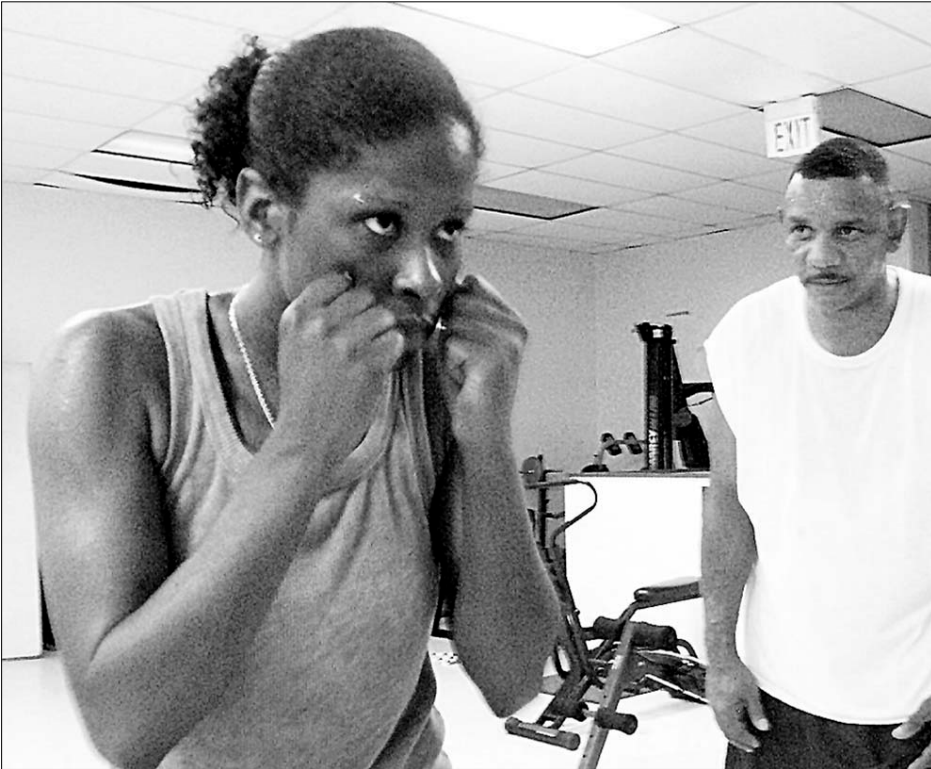


Photo by Staff Sgt. Jerron Barnett

Staff Sgt. Charmaine Carrington takes pointers from her coach, Dennis Walker. Carrington is the first female on the Air Force boxing team. She boxed in her first national match June 18 in Augusta, Ga. Carrington is a weapons-load crew chief assigned to the 33rd Aircraft Maintenance Squadron here. Carrington made the Air Force team during a box-off in January at Lackland Air Force Base, Texas.

pels others to train hard also.”
“The training is hard, but I have fun,” Carrington said.
Carrington has fought in seven bouts since she has been on the team, mostly against local amateurs. She has a spotless 7-0 record.
The level of competition in Augusta was the best amateur female boxers the nation had to offer, but she envisioned herself doing well.
“I’ll be all right. I’m fighting to be number one,” she said. “I’ll do this as long as I’m one of the best, and then I’ll find something else to do.”
Simms says this goal is well within reach.
“A very realistic expectation for Charmaine is to be ranked in the top three in the country,” he said.

Soldier wins gold medal in World Cup

Parker sets new world record in marksmanship

By Paula J. Randall Pagán
U.S. Army Marksmanship Unit
Public Affairs Office

MUNICH, Germany — A soldier with the U.S. Army Marksmanship Unit has set a new world record.
USAMU international rifle shooter Jason Parker triumphed over more than 100 of the world’s best Air Rifle shooters to win the Gold Medal and set a new world record in the Men’s Air Rifle event.
Parker shot a near-perfect score of 599 points out of a possible 600, which tied with Konstantin Prikhodtchenko of Russia. But in the finals, Parker shot a 103.5 out of a possible 109, beating the Russian shooter who scored a 101.5.
Parker’s final score of 702.5 is 1/10th of a point above the former world record set by Leif Steinar Rolland of Norway in 2001. Parker set the former

world record in 1998.
The Army staff sergeant will now compete in the USA Shooting National Championships at Fort Benning, Ga., June 19 to Saturday and will travel to Santo Domingo, Dominican Republic, to represent the United States in the Pan-American Games Aug. 2 to 9.
Parker is the Air Rifle World Champion and won an Olympic Quota Slot for the United States to compete at the 2004 Games in Athens, Greece, when he won the Gold Medal in Air Rifle at the World Cup in Atlanta, Ga., last year. The shooter, who is the Air Rifle National Champion, as well as the 300-Meter Standard Rifle National Champion, also won the title of World Military Rifle Champion at the 2001 Conseil International du Sport Militaire Shooting Championships in Lahti, Finland.
The 29-year-old, who attributes his success to his parents, was raised in Omaha, Neb., and graduated from Bryan High School of Omaha in 1992. He received a degree in psychology from Xavier University of Cincinnati,

Ohio, in 1996, where he shot on the university’s rifle team. He enlisted in the Army in January 1997 and was assigned to the U.S. Army Marksmanship Unit International Rifle Team in April 1997 after he completed Basic and Infantry Training at Fort Benning.
“I couldn’t be where I am today without the Army or the Army Marksmanship Unit,” Parker said. “They provided every resource I needed to be where I’m at. To me, being a soldier means doing the right thing, and I would recommend the Army as a career to others.”
Formed in 1956 by President Dwight D. Eisenhower to raise the standards of marksmanship throughout the U.S. Army, the Army Marksmanship Unit is assigned to the Accessions Support Brigade, U.S. Army Accessions Command, of Fort Monroe, Va. The Marksmanship Unit trains its soldiers to win competitions and enhances combat readiness through train-the-trainer clinics, research and development.
For more information on sports offered by the military, call the fitness center at 782-4026.

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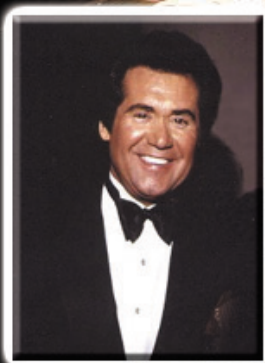
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